

WHAT IS CLAIMED IS:

1. A batting swing training apparatus for maintaining a batter's arms in the proper special alignment during the swing comprising:

an adjustable, elongated, elastic tensioning member having a predetermined length and having first and second opposing ends;

5 a first adjustable attachment member connected to said first end, said first attachment member being attached to the lead arm of the batter at a point above the elbow during use; and

a second adjustable attachment member connected to said second end, said second attachment member being attached to the wrist of the trailing arm of the batter during use.

2. The swing training apparatus as set forth in claim 1 wherein:
said tensioning member is a single elastic unit.

3. The swing training apparatus as set forth in claim 1 wherein:
said attachment members are adjustable to vary the diameter of the respective loops formed by engaging the respective said complementary fasteners of said attachment members.

4. The swing training apparatus as set forth in claim 1 wherein:
said first attachment member is larger in circumference than said second attachment member.
5. The swing training apparatus as set forth in claim 1 wherein:
each of said attachment members includes a cushioning liner on its radial interior to be positioned against the respective arm.
6. The swing training apparatus as set forth in claim 1 wherein:
said complementary fasteners are formed from hooks and loops.
7. The swing training apparatus as set forth in claim 1 further including:
a pair of slip rings for adjusting the length of said tensioning member.
8. The swing training apparatus as set forth in claim 1 further including:
a clip secured to one of said opposing free ends of each attachment members for slidable receipt of the other of said opposing free ends and constructed to substantially inhibit complete removal of said other of the said opposing free ends.
9. The swing training apparatus as claimed in claim 1 wherein:
said tensioning member is formed with an adjustable loop.

10. The swing training apparatus as claimed in claim 1 wherein:

said predetermined length is between 12 and 20 inches.

11. The swing training apparatus as claimed in claim 1 wherein:

said tensioning member is formed with a first adjustable portion and a second stretchable portion.

12. The swing training apparatus as claimed in claim 12 wherein:

said first adjustable portion is in the form of an elongated loop with slip rings frictionally retaining the length of said loop.

13. The swing training apparatus as claimed in claim 1 wherein:

said tensioning member is constructed to stretch to a length no greater than a foot longer than the batter's forearm.

14. A swing training apparatus for connecting to a batter's lead and trailing arms comprising:

an elongated intermediate member having a first portion including an adjustable loop having slip rings to frictionally retain said loop in a predetermined configuration and a second stretchable portion having an unstretched predetermined length and connected to said adjustable loop at a first end and terminating in an opposing second end;

a leading arm coupling having a first link of a predetermined adjustable diameter and including a pair of opposing free ends with complementary fasteners constructed to be brought together in overlapping arrangement to be circumferentially secured about the batter's lead arm, said leading arm coupling being connected to one of said portions of said intermediate member by a first retaining clip;

a trailing arm coupling having a second link with an adjustable diameter to a maximum diameter of less than said predetermined diameter and including a pair of free ends with complementary fasteners constructed for overlapping arrangement to be circumferentially secured about the batter's trailing arm, said trailing arm coupling being connected to the other of said portions of said intermediate member by a second retaining clip;

a cushioning pad concentrically aligned with the radial interior of each of said arm couplings for placement against the arms of the batter; and

wherein said batter may build muscle memory for an improved swing by strapping said leading arm coupling to the batter's leading arm in an abutting relationship with the batter's elbow pit and strapping said trailing arm coupling to the batter's trailing arm in an abutting relationship with the batter's wrist and then assuming an initial batting stance so that said second portion of said intermediate member is stretched into a length greater than said predetermined length in a direction substantially parallel to the length of the leading forearm to exert a tension between said trailing and leading arms so that the batter's first motion will be a linear movement across the chest.

15. A method for checking a proper initial batting position comprising the steps of:
providing a baseball swing training device having an adjustable, elongated, elastic
tensioning member having a predetermined length and connected between a first adjustable
attachment member and a second adjustable member;
5 attaching said first attachment member to the batter's lead arm just above the
elbow and abutting the respective elbow pit;
attaching said second attachment member to the batter's trailing forearm just
above and abutting the wrist;
bringing both hands together in a baseball bat grip;
10 bringing the hands of the batter in close to the chest;
moving the hands and bat along the chest in a rearward motion to enter into an
initial swing position; and
viewing said tensioning member to determine if a proper initial batting position is
indicated by said tensioning member assuming a substantially parallel relationship with the
15 batter's lead forearm.

16. The method as claimed in claim 15 further comprising the step of:
aligning the second set of knuckles in a substantially linear arrangement prior to
viewing said tensioning member.

17. A method as claimed in claim 15 further comprising the step of:

adjusting the alignment of the second set of knuckles while viewing said
tensioning member until said tensioning member is properly aligned.

18. A method for improving the initial swing motion of a batter comprising the steps
of:

providing a baseball swing training device having an adjustable, elongated, elastic
tensioning member having a predetermined length and connected between a first adjustable
5 attachment member and a second adjustable member;

providing a baseball bat;

attaching said first attachment member to the batter's lead arm just above the
elbow and abutting the respective elbow pit;

attaching said second attachment member to the batter's trailing forearm just
10 above and abutting the wrist;

gripping said baseball bat in both hands and aligning the batter's second set of
knuckles in a substantially linear arrangement;

bringing the hands of the batter in close to the chest keeping the bat in a
substantially vertical position;

15 moving the hands and bat along the chest in a rearward motion to enter into an
initial swing position thereby stretching said tensioning member into an elongated configuration
to induce tension between the batter's arms; and

moving the hands forwardly in a linear motion along the batter's chest while
reducing the distance between the batter's arms to relieve the tension in said tensioning member.

19. A method for improving the contact motion for a baseball swing comprising the steps of:

providing a baseball swing training device having an adjustable, elongated, elastic tensioning member having a predetermined length and connected between a first adjustable
5 attachment member and a second adjustable member;

providing a baseball bat;

attaching said first attachment member to the batter's lead arm just above the elbow and abutting the respective elbow pit;

10 attaching said second attachment member to the batter's trailing forearm just above and abutting the wrist;

gripping said baseball bat in both hands and aligning the batter's second set of knuckles in a substantially linear arrangement;

bringing the hands of the batter in close to the chest keeping the bat in a substantially vertical position;

15 moving the hands and bat along the chest in a linear rearward motion to enter into an initial swing position and stretching said tensioning member into an elongated configuration to induce tension between the batter's arms by slightly outwardly flaring the trailing elbow;

initially driving the hands across the chest in a substantially linear direction;

slightly closing the distance between the forearm and the trailing arm to relieve
the tension in said tensioning member as the swing progresses;
expanding the distance between the forearm and the trailing arm to induce a
second tension in said tensioning member; and
extending said arms while sensing the second tension to begin a radially inward
top hand wrist rotation with the respective palm facing upwardly to transition the linear bat
movement to an arcing movement just prior to an anticipated contact point.

20. A training apparatus for connecting to a batter's lead and trailing arms to develop
an improved swing comprising:

an elongated, elastic, intermediate member of a predetermined length and having
opposing first and second ends;

an adjustable first open-looped attachment member connected to said first end and
having a first pair of opposing free ends having complementary fasteners constructed to be
brought together in an overlapping arrangement to encircle the batter's lead arm just above the
elbow and abutting the respective elbow pit;

an adjustable second open-looped attachment member connected to said second
end and having a second pair of opposing free ends having complementary fasteners constructed
to be brought together in an overlapping arrangement to encircle the batter's trailing arm and
abutting the respective wrist; and

whereby donning said respective attachment members to tether said arms into an

15 elastically coupling relationship and moving said leading and trailing arms into an initial batting position, will stretch said intermediate member into a length greater than said predetermined length to supply a tension between said arms and align said intermediate member in parallel relationship with the length of the leading forearm and across the chest of the batter thereby indicating a correct grip on the bat.